

Dragon Door has Russian Kettlebells in all sizes to match your particular strength and conditioning needs. To select the correct kettlebell (or kettlebells) for your needs see [a complete listing of our kettlebell line](#)

Dragon Door's Most Popular Russian Kettlebell Weighs 35lb (16kg)—And Is The Ideal Size For Most Men To Jumpstart Their New Cardio, Conditioning and Strength Programs



35lb (16kg)
Russian Kettlebell

35lb (16kg) Russian Kettlebell

[Ordering Information](#)

[Save on Your Total Kettlebell Investment When You Purchase a Pair of Same-Weight Kettlebells](#)

[Read Customer reviews of:](#)

Russian Kettlebell - 16kg (35lb)

Average Rating:

9.8 in 125 reviews

C r e a t e Y o u

Email:

Dragon Door and Pavel Tsatsouline re-introduced kettlebells to the US with their uniquely designed 35lb cast iron kettlebell—and it has remained our most popular kettlebell.

Why?

Even a man of average initial strength can immediately start using the 35lb kettlebell for two-handed swings and quickly gravitate to one-handed swings, followed by jerks, cleans and snatches.

Within a few weeks you can expect to see spectacular gains in overall strength and conditioning—and for many—significant fat loss.

Stronger men and more experienced weightlifters and powerlifters can use the 35lb kettlebell to train themselves effectively in the many excellent drills you'll find in Pavel's classic book and DVD, [Enter the Kettlebell!](#)

The 35 lb kettlebell quickly becomes a favorite for women too, once they have built up their strength using Dragon Door's lighter kettlebells. (Women, we recommend you start with either the [26lb kettlebell](#) or the [18lb kettlebell](#) initially.)

C r e a t e Y o u

Email Address:

[Customer reviews of:](#)

Russian Kettlebell - 16kg (35lb)

Average Rating

9.8 in 125 reviews



[Watch Dragon Door's weekly television program](#)

**D r a g o n
C u s t o m e r**



Women's Kettlebell Power Set (10lb, 14lb & 18lb)

[Add to cart](#)



Convict Conditioning

[Add to cart](#)



The Extreme Kettlebell Cardio Workout

[Add to cart](#)



Enter the Kettlebell!

[Add to cart](#)

WOW**Rated 10 out of 10**

After one week I can feel the difference! WOW this thing is great, I work in heavy construction in NYC delivering concrete, so even though I'm lifting chutes and climbing ladders all day long I still got lazy and fat but retaining a lot of strength, or so I thought! I have always been a strong guy, when I was younger I played a little football and even got into boxing, well it was more like beating the crap out of each other in someone's basement, and this was long before cage fighting or MMA. Well one week into working out with a 16kg kettlebell and following along with Enter the Kettlebell I can feel a huge improvement it's just amazing how my power level just exploded. Of course I have tons of energy and feel great. I can't wait to move up to the next size kettlebell and get even stronger. I never really liked working out, except on the heavy bag, but I AM ADDICTED to kettlebells already!

Biker Bob - NYC

Excellent Quality**Rated 10 out of 10**

As someone who is new to kettlebells, Dragon Door is by far of great quality! Back in November of 2009 I was referred here by a friend after talking with him about kettlebell training. Unlike other kettlebells I have used, Dragon Door is of far superior quality. You name it, Dragon Door has got it! Where other bells lack, Dragon Door kettlebells easily meet, if not exceed, what a bell is supposed to have in quality! Great Balance, nice thick handle for grip strength, and a finish that won't destroy your hands when doing kettlebell exercises. I intend to be a repeat customer, once I am ready to upgrade to a 20kg.

Barry Adamson - Frederick, MD

The Only Exercise Equipment You'll Ever Need**Rated 10 out of 10**

Saw the Kettlebell in the movie "Never Back Down", did some research and saw it on DragonDoor.com, now I have one. I would recommend any new users to also get the book & the DVD "Enter the Kettlebell" what you miss on the DVD you'll get reading the book. As the Federal Counterterrorist Operator said "Kettlebell training-The closest thing you can get to fighting without throwing a punch,"

Michael Lyn - Kingston, Jamaica

Iron hardware for Iron Men**Rated 10 out of 10**

The most intense piece of workout equipment period. The kettlebell will definitely make a man out of you.

Your name here - Atlanta, GA USA

Amazingly simple but incredibly versatile!**Rated 10 out of 10**

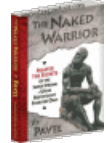
Excellent quality and a great price!! only wish I had known about these little jewels years ago, just thinking of the money and space I could have saved makes my head spin. I'm already looking forward to increasing my kettlebell collection. Power to the People!

Scott A. Parker - Orlando, Fla., USA

Yes! I am ready to take my strength, energy and health to undreamt-of new heights thanks to [Russian Kettlebell - 16kg \(35lb\)](#). I want to order [Russian Kettlebell - 16kg \(35lb\)](#) NOW and understand that I am ordering with ZERO RISK because [Russian Kettlebell - 16kg \(35lb\)](#) comes with a 100% satisfaction guarantee for one full year!

Best equipment for the money**Rated 10 out of 10**

I have greatly enjoy the short but strainious work outs with one kettle bell than all the machines I have used in various Gyms. Lost 3 Lbs of fat in 8 weeks. I only do three day a week and 30 minutes per session. Pavel's Enter the Kettlebell is a must to along with this beautiful one of a kind product. Ofcourse I beleive in calories in equal Calories out.

**The Naked Warrior**

Add to cart

**Viking Warrior Conditioning**

Add to cart

**The Kettlebell Goddess Workout**

Add to cart

**Russian Kettlebell Certification Seminar**
October 15-17, 2010 - Orlando, FL

Add to cart

**2 Russian Kettlebells - 16kg (35lb)**

Add to cart

**Kettlebell Muscle**

Add to cart

FREE COURSE**Super-Strong Abs**
the "Naked Warrior" Way
by #1 fitness authority,
 Pavel Tsatsouline.

That's our gift to you,

I would not trade it for the all the machines if some one gave them to me for free.

Thanks to Pavel for bringing it to us.
Symon - Bryan, Ohio USA

High Quality Product and Great Results.

Rated 10 out of 10

I have been using the Iron Core work out with the 36 pound kettlebell for almost two months. With at least a 2 percent drop in body fat and increased definition in my Abs and arms I am more than satisfied. I still occasionally do aerobics, but I don't get half the burn I get from doing the Kettlebell work out. I have to admit this is the best fitness purchase I've made and I am considering making the jump up to the 44 pound kettlebell in the near future.

Tony - Garland, Texas USA

Best PIECE of equipment PERIOD!!!!

Rated 10 out of 10

In just a short period of time have seen tremendous Physical Appearance and Strength gains never before realized with the use of traditional dumbbells. Highly recommend this product for anyone that wants to explode through plateaus and into a new realm of weight training. 5 STAR ACROSS THE BOARD

Dennis J. McKevitt - Highland Mills, New York USA

Lots of Hype--Lots of Truth

Rated 10 out of 10

After using my 16kg now for the past three weeks it appears to me that everything I've heard about these kettlebells seems true, except that you need to buy two of the same weight. I am getting stronger quickly, am looking stronger, and feel great. Besides the workout strength and stamina benefits there is also a satisfying psychological benefit. My bad shoulder injured three years ago playing basketball has been fully healed by this cannonball. Ditto my golf elbow (like tennis elbow). Amazing! I just ordered the 20kg kettlebell. I appreciate that they're made in the USA--and beautifully so--and that also made me inclined to order more. It's a part of my life now.

Peter Dilozenzo - Bonaire, GA

Making Kettlebells a Family Affair

Rated 10 out of 10

This is the fifth kettlebell that we have purchased and we are happy with everyone. I have played sports my entire life most recently 15 years of rugby and this workout is by far the best. My wife has never played sports but has fallen in love with the kettlebell workout and now my daughter who plays basketball has found the benefits of working out with the kettlebells. We are making kettlebells a family affair.

Jason Schimizzi D.C., F.I.C.P.A. - Pennsylvania

Yes! I am ready to take my strength, energy and health to undreamt-of new heights thanks to **Russian Kettlebell - 16kg (35lb)**. I want to order **Russian Kettlebell - 16kg (35lb) NOW** and understand that I am ordering with ZERO RISK because **Russian Kettlebell - 16kg (35lb)** comes with a 100% satisfaction guarantee for one full year!

[See all reviews of Russian Kettlebell - 16kg \(35lb\)](#)

C r e a t e Y o u

Email Address:

when you sign up today for Dragon Door's essential newsletters:
☒ **Power by Pavel** — Gain access to Pavel's inner secrets for the ultimate edge in physical performance and much more...

☒ **Ride the Leader's Wave**—Be the first to KNOW, the first to BENEFIT, the first to SAVE on new releases, new workshops...

☒ **Join the Party**—CEO John Du Cane keeps you updated on the world's most dynamic fitness movement...

Name

Email

Your email is safe with us



Read Marty Gallagher's Weekly Fitness Column

Rated 8 out of 10

KB Newby

First, I want to thank Pavel for 'Enter the Kettlebell' book and video. It is very helpful for perfecting my form and technique.

I had never considered a hunk of iron intimidating till I had recieved my first KBs and started using them. It has been years since I have actually had a workout routine. Now I will just stick with it and get rid of the extra pounds I've added over the years.

I know it will take some time, but now I know I have the right equipment.

**Have you considered polishing the handle on the positive for your molds? That way it would not be as hard to finish smoothing out the gripping surface.

Thanks again,

Don Coward

Huntsville, Alabama USA



[Order](#) or [Download](#) our free catalog



"Read Our Simple 100% No Excuses Money Back Guarantee"

How sure are we that **Russian Kettlebell - 16kg (35lb)** will work for you? Simply fill out the form below and put **Russian Kettlebell - 16kg (35lb)** to work for you right now.

If you are not **100%** absolutely thrilled with your purchase, Dragon Door Publications will refund of your entire purchase price for up to a **FULL YEAR** — that's 365 days.

That's how sure we are!

Obviously, We would go out of business if **Russian Kettlebell - 16kg (35lb)** didn't work, the way we said, right?

With the promise of a full refund if you're unsatisfied, you have nothing to lose by trying **Russian Kettlebell - 16kg (35lb)**. Go ahead — try it today.

[Click Here To Try Russian Kettlebell - 16kg \(35lb\) Today!](#)

To order by phone
(24 hours a day)
or for customer support
call
1-800-899-5111
or
1-513-346-4160
Customer Support Hours
7 a.m. to 11 p.m.
Eastern Time

For mail orders, send
your order and
payment to:
Dragon Door Publications
Attn. Order Department
P.O. Box 1097
West Chester, OH 45071
United States

To contact
Dragon Door Publications
staff directly,
send email to
support@dragondoor.com
Voice (651) 487-2180
Fax (651) 487-3954

Or write to:
Dragon Door Publications
P.O. Box 4381
St. Paul MN 55104
United States

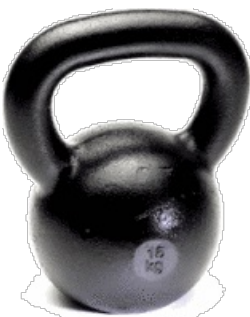
Special shipping applies to this product.

Destination	S/H Single	S/H Pair
US Domestic	\$38.00	\$75.00
Alaska/Hawaii	\$110.00	\$222.00
Puerto Rico	\$104.00	\$208.00
*Canada	\$72.00	\$144.00

*IMPORTANT — Please note: Shipping quotes do not include customs clearance, duties, taxes or other non-routine customs brokerage charges, which are the responsibility of the customer.

Kettlebell shipping is only available for these destinations.

Russian Kettlebell - 16kg (35lb) Trial Request Form



Russian Kettlebell - 16kg
(35lb)



☒ Yes, Please send me Russian Kettlebell - 16kg (35lb) as soon as possible. I understand my satisfaction is 100% guaranteed.

Once my request is processed my package will be shipped to me immediately

Item #P10A \$87.95
35lb (16kg) Kettlebell

Add to cart

Add to wishlist


Save on Your Total Kettlebell Investment
When You Purchase a Pair of Same-Weight Kettlebells

Item #P10AA \$165.90
Two 16KG/35LB Kettlebells

Add to cart

Add to wishlist

[Create a Customer Account and enable Instant Ordering](#)
[to place an Instant Order](#)

 or **Call Us Toll Free** 800-899-5111 or 1-513-346-4160

We Gladly Accept The Following Methods Of Payment



Rated 10 out of 10 

WOW

After one week I can feel the difference! WOW this thing is great, I work in heavy construction in NYC delivering concrete, so even though Im lifting chutes and climbing ladders all day long I still got lazy and fat but retaining alot of strength, or so I thought! I have always been a strong guy, when I was younger I played a little football and even got into boxing, well it was more like beating the crap out of each other in someones basement, and this was long before cage fighting or mma. Well one week into working out with a 16kg kettlebell and following along with Enter the Kettlebell I can feel a huge improvement its just amazing how my power level just expolded. Of course I have tons of energy and feel great. I cant wait to move up to the next size kettlebell and get even stronger. I never really liked working out, except on the heavy bag, but I AM ADDICTED to kettlebells already!

Biker Bob
NYC

Yes! I am ready to take my strength, energy and health to undreamt-of new heights thanks to **Russian Kettlebell - 16kg (35lb)**. I want to order **Russian Kettlebell - 16kg (35lb) NOW** and understand that I am ordering with ZERO RISK because **Russian Kettlebell - 16kg (35lb)** comes with a 100% satisfaction guarantee for one full year!

Rated 10 out of 10 

Excellent Quality

As someone who is new to kettlebells, Dragon Door is by far of great quality! Back in November of 2009 I was refered here by a friend after talking with him about kettlebell training. Unlike other kettlebells I have used, Dragon Door is of far superior quality. You name it, Dragon Door has got it! Where other bells lack, Dragon Door kettlebells easily meet, if not exceed, what a bell is supposed to have in quality! Great Balance, nice thick handle for grip strength, and a finish that won't destroy your hands when doing kettlebell exercises. I intend to be a repeat customer, once I am ready to upgrade to a 20kg.

Barry Adamson
Frederick, MD

